

Feeling Overwhelmed? Learn Mindfulness Skills to Stop "Auto-Pilot" Stress Reactions and Make Choices to Calm the Chaos

Life comes at us fast. When a stressful event approaches, we usually make an attempt to protect ourselves by reacting, though we usually don't notice the thoughts, emotions and sensations that are involved in our reactions. In this session, we will learn how mindfulness can help put some space between those stressful events and our reactions so we can turn off auto-pilot and react appropriately.

We cannot eliminate all stress, but we can more skillfully respond to it.

In Too Busy to De-Stress, you will begin to:

- Have a basic understanding of mindfulness
- Understand common obstacles to a mindfulness practice
- Develop strategies to overcome those obstacles



REGISTRATION INFORMATION

Join us for our free Stress Less, Live More™ online session. Registration is easy!

June Session: **Feeling Overwhelmed? Learn Mindfulness Skills to Stop "Auto-Pilot" Stress Reactions and Make Choices to Calm the Chaos**

Dates and Times– Choose One:

June 15th 12:00 pm Arizona time

June 28th 11:00 am Arizona time

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or techsupport@emindful.com with any questions.

COMING IN JULY

Stress Less, Live More™

Improving Productivity and Performance with Emotional Intelligence & Mindfulness

Save the July Session Dates:

July 20th 12:00 pm Arizona time

July 28th 11:00 am Arizona time

Weight Balance for Life

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Save the July Session Dates:

July 19th 1:00 pm Arizona time

July 27th 11:00 am Arizona time

